

Join us

NWHW

NATIONAL WOMEN'S HEALTH WEEK



May 11–17, 2014

► MEETUP EVENT: _____

► TIME AND DATE: _____

► LOCATION: _____

► RSVP BY VISITING: _____

Take these steps for a longer, healthier, happier life—

- Visit a health care professional to receive regular checkups and preventive screenings.
- Eat healthy.
- Get active.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seat belt or bicycle helmet.



For more information on National Women's Health Week, visit womenshealth.gov/nwhw and follow OWH on Twitter [@womenshealth](https://twitter.com/womenshealth) and Facebook at facebook.com/HHSOWH.

For more information about the Health Insurance Marketplace, visit healthcare.gov.

